



Gulla's
Arrestling™
Train Weekly or **Fight Weekly**

Police Ground Survival

Course Description: Ground Survival Course. Arrestling techniques have been developed over the past 25 years for Law Enforcement by Law Enforcement Professionals. This course stresses police ground tactics that avoid exposing your duty weapon and NOT for sport submission training. Course incorporates duty weapon into many training drills. Course exceeds State and Federal Standards for Police Ground Survival.

Course includes: Combat back-front-side falls with gun, shooting from the ground, ground control holds figure-4, kimura, armbar from top-seated-side, ground survival tactics, defense against takedowns, striking from top and bottom positions, escape from chokes, escape from mount and guard, getting back to standing safely, closing the gap to takedown, foot sweep takedowns, WRAPS tm takedown front-rear, ground weapon retention, getting suspects hands out from prone, small joint locks, defense against eye gouges, re-centering legs from ground, sweeps from ground to gain top control, arm locks to controlled cuffing, combat cuffing and two officer tactics.

Students Equipment: Duty belt, mock weapon, mat shoes, boxing gloves. MMA gloves, mouthpiece and taser holster (bring x-2 and holster). Optional: Knee pads

Date: October 15th, 16th from 0800 to 1700

Cost: \$199 per student (minimum of 20 students)

Location : 6011 North Chase, Newman Lake WA, 99025

Contact for Registration

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Regional Training Coordinator

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www.spokanecounty.org/sheriff/training